

# VITAL SIGNS

VOL V No. 5

Naval Regional Medical Center, Orlando, Florida

1 March 1982

## Commander's Cup Basketball League

### NRMC #1 team takes 2nd place



RADM Pauline T. Hartington, Commander, NTC, presents a trophy to HMC Anthony Washington, coach of the NRMC #1 team.



Pictured with RADM Hartington are (left to right, front row): Captain Fout, HN G. Harmon, LT D. Thomas, MC, HN D. Bridges, HN D. Frett, HM3 L. Matthews, and HMC A. Washington. Back row: HA S. Thomas, HM3 G. Stovall, HM1 J. Allen, HM3 J. White and HMC(SS) R. C. Clements. Not pictured, HN A. Pickens and HN G. Flot who have been transferred.



RADM Hartington presents the command trophy to Captain Fout as the Command Master Chief, HMC(SS) R. C. Clements and HMC Washington look on.

NRMC's #1 team captured second place with a 12 - 2 record. The Nuclear Power School's team, the Bubbleheads, took the Championship with a 14 - 0 record.

HM3 Johnny White won the honors for the League Leading Scorer with an average of 32.4 points per game.

The Bubbleheads were one man short on their roster for starting play in the Regionals, Saturday, 6 March, so they invited HM3 White to join their team. The first game is at noon on the 6th at the NTC Gym - so let's all turn out and support our Orlando team!





## CAREER COUNSELOR'S CORNER

HMC Rex M. Reeder, USN

### GUARD III - is it for YOU?

The GUARD III Program provides for two guaranteed assignments during a career. The first one, for your first reenlistment; the second, to be used at any time up to the commencement of your 25th year of service. GUARD III actually encourages direct communication between you and your detailee!

Eligibility requirements: May not be in receipt of PCS orders at time of application; be within 6 months of EAOS, as extended (if you have an extension in your record, check with me.) You also must be eligible for the duty you are requesting; be willing to reenlist for 4 or more years; have a consistent record of above average performance; and be recommended by your CO.

See me or call me, X4904, for further information on GUARD III.

### Whoooizzit?



Do you know this staff member? The answer is on Page 8.

### Noted for excellence - February Inspection

LCDR J. H. Vasquez, MSC  
LCDR D. Beaty, NC  
LCDR L. Scheve, NC  
LTJG M. C. Leorza, MSC  
HMC C. L. Swan  
DT1 D. E. Hackett  
HM2 A. L. Hairl  
HM2 B. D. Kirby  
HM3 J. R. Gault  
HN C. Forsman  
HN W. D. Reed  
HN K. Davies  
DN B. R. Launs  
HA M. A. Helms

### Lung cancer...

**will soon be the #1 killer  
of American women!**

### American Red Cross



**Volunteer hours  
for**

**January - 1,916 1/2**

### Vital Signs' Staff

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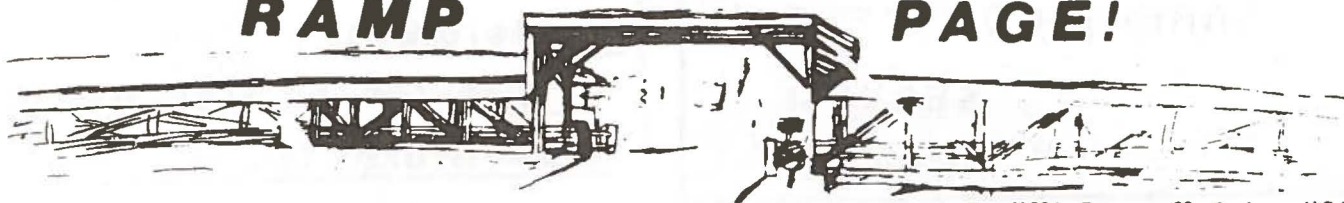
Commanding Officer: CAPTAIN L. R. FOUT, MC, USN  
Editor: HMCM(SS) R. C. CLEMENTS, USN

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**RAMP**

**PAGE!**



By HMI Bogan McQuigg, USN

**What would be your choice for Florida's State**

**Animal?**

**Manatee**

**Porpoise**

**Alligator**

**Panther**

**Other**



V. Barbelet, Data Processing: "Panther."



J. M. Howell, Campus Advisor: "Manatee."



C. Bridger, Transportation: "Porpoise."



HN E. Ivonnet, Resp. Therapy: "Manatee."



HMI T. Schmitz, Fiscal and Supply: "Alligator."



LCDR G. W. Dumais, MSC, Food Management Serv.: "Manatee."



E. Kelly, Fiscal and Supply: "Armadillo."



LT W. Miller, NC, Family Practice Clinic: "Manatee."



HM2 W. P. Macchi, Psychiatry: "Manatee."



HM3 R. Scintilla, Nursing Services (Detail Office): "Manatee."



CW03 F. S. Sumner, Chronic Care Clinic: "Manatee."



## NURSING

### SERVICE

By LT Steven W. Tudhope, MC, USN

#### The learning process

When we think of education, many times we make the mistake of thinking in terms of completing high school, college, Masters or other higher degrees of education. Although these are important and prestigious, they only give credit to the culmination and completion of various courses of study. Our society does, of course, encourage this ongoing process of education and usually rewards those individuals who strive with a diverse opportunity for jobs and careers. There is also an extra bonus of an increase or substantially better salary. Many factors influence an individual's opportunity and availability toward these higher degrees of education and therefore, some may never attain their desired goals.

What is education anyway? Education has two parts -- someone who is teaching and someone who is learning. Very simple, right? By our simplified definition we can determine that you need not attain a degree or certificate to be involved in the ongoing process of education. We, as individuals, all participate in this process in a reciprocating manner - as a teacher and as a learner. Not until we teach someone our job or function do we realize the responsibility and authority of a teacher. So, you see, we all depend on each other to impart our degree of knowledge to those who fill our footsteps as we ourselves advance. It's an ongoing process that should never cease. Remember, knowledge and education can never be wasted and it will be the foundation on which you can build your career. Think about where you are and where you are going and how you are going to get there.

Take advantage of every educational opportunity: everyday learning experiences on the wards, in-service training, meetings, conferences, seminars, off-duty courses, and in any new situation where you can improve your knowledge. Build your foundation and move up the ladder of success.

## Leadership:

### It's a job as well an adventure

Promotion to petty officer bestows many things -- prestige, increased pay and benefits, varied job assignments and more responsibility. A good petty officer is one who realizes that the ability to lead is not something that is given or is injected into a person at an advancement ceremony.

To be an effective leader, you must begin your training early. Preparing for a position of increased responsibility is important and too often neglected. Here are some basic ground rules to help build successful leadership qualities:

Be observant. Be aware of the things that affect others around you, as well as those things that directly affect you. This provides you with valuable information for developing solutions to future situations.

Set an example. People tend to listen to and trust a person who attempts to practice what he preaches.

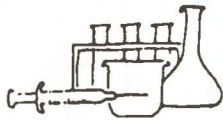
Be professional. Know your job. This will enable you to be more efficient and will reward you with the self-confidence other people will recognize and respect.

Examine the qualities of other leaders. All leaders possess attributes that have been time-tested. Pay special attention to the good qualities and note the bad -- it's called learning from the mistakes of others.

Additional ground rules are: be understanding and receptive to new ideas, maintain positive control, and work to enhance morale. In order to effectively lead people, you must develop those abilities necessary to meet such a complicated challenge.

By CTA1 Geoff McGarrigle - reproduced in part from "Now Hear This!"





LAB

LINE

By CAPT P. E. Petit, MC, USN

### We provide ... information and understanding

One of the responsibilities of the Laboratory Service and currently being handled by HM1 Betsy Waddell, is providing genetic counseling for sickle cell trait (AS hemoglobin) and glucose-6-phosphate dehydrogenase (G6PD) deficiency. Last month, we featured the lab area that does the sickle cell and G6PD testing. This month, we would like to cover the rest of the lab's involvement with this program.

The military has a special interest in sickle cell trait and G6PD deficiency from the standpoint of the occupational health of active duty personnel and their utilization in various assignments. High altitude flight in unpressurized aircraft and deep sea diving may be hazardous to some people with sickle cell trait. The concern with G6PD deficiency involves the anemia that can occur when people with this condition take certain medication or drugs. One of the drugs that can cause a problem is the one that is commonly used by the military for antimalarial prophylaxis. Petty Officer Waddell gives a class every day for all the recruits that have demonstrated positive findings in these tests. She explains the meaning and significance of sickle cell trait and how it can affect the patterns of inheritance of future offspring. The G6PD deficient recruits are cautioned about taking the antimalaria pills, and told the importance of telling their doctor about their G6PD deficiency when they are receiving medication prescriptions. The NRM Education Service helped us make a video tape presentation that makes it much easier to explain and illustrate the details of these two conditions. It is extremely important to differentiate between sickle cell trait and sickle cell anemia, and to be sure everyone completely understands. We feel that we have an excellent program that effectively meets the Navy's occupational health goals in

this matter, and provides the essential information and understanding to the active duty men and women involved.



HM1 Waddell counseling a class.

### Letter of Appreciation



On 1 March, HN Mike Guentenspberger received a Letter of Appreciation from Captain Fout for his outstanding performance of duty at the Family Practice Clinic at the NTC Annex. HN Guentenspberger was transferred to the 2nd Force Service Support Group, Camp Lejeune, NC.

### Snap Shots



Joseph Robichaud, Central Appointment desk.





## CHAPLAIN'S COMMENTS

By LT J. L. Doss, CHC, USNR

### A time for renewal

We have all heard the term, "He's not the man he used to be." Perhaps you have said it of someone you know or have heard it said of you. Have you ever stopped to think about how true those familiar words are? Every minute, five million cells in the human body are destroyed and replaced. In time, we physically become a new person. Such physical renewal takes place unconsciously without our consent or awareness.

Just as we are physically renewed, we need to be spiritually renewed. But unlike the physical process, spiritual renewal demands our consent and our awareness. We must be willing to let the spirit of God fill our lives and transform us into the loving, caring, and committed individuals that He would have us to be.

"If anyone is in Christ, he is a new creation; the old has passed away, behold the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation."

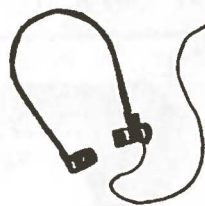
If we understand the need for physical renewal of our bodies, how can we doubt the fact that spiritual renewal is also necessary.

### We're sorry you're leaving

LT S. Gerlach, NC, to NRM, Charleston  
HN T. Cade to FMSS Camp Lejeune and  
FFT to 2nd FSSG  
HN C. Reynolds to civilian life  
HN T. Ward on separation leave  
HN M. Guenthensberger to the 2nd  
FSSG  
HM3 D. Engle to NSHS, Portsmouth  
HM2 M. Johnson to NRM, Okinawa  
HMC J. Craig to FMSS Camp Lejeune and  
FFT to 2nd MarDiv  
HM2 B. Lister to NRM, Okinawa  
HN C. Alvarado to 3rd FSSG, Okinawa  
HN W. Haynes to NRMCL, Hawaii  
HN J. Jenks to NRMCL, Hawaii  
HN D. Hagan to NRMCL, Hawaii  
HN G. Bondoc to 1st MarDiv  
HN G. Harmon to AHS, Ft Sam Houston  
HN D. Golonska to 2nd MarDiv  
HN R. Chavez to 2nd MarDiv  
HM3 S. Bessing to NRM, Yokosuka  
HN G. Houck to 3rd FSSG, Okinawa

### We're glad you're here

CDR A. D. Reynolds, NC, from NRM, Portsmouth  
LT C. M. Pagliara, NC, from NNM, Bethesda  
LT G. S. Musher, MC, from NNM, Bethesda  
LT E. D. Rotman, MSC, from NavHosp, Beaufort  
ENS M. L. Mangum, NC, from OIS, Newpt  
HA T. Cruz from FMSS, Camp Lejeune  
HA M. L. Bingham from FMSS, Camp Pendleton  
HA M. J. Cebrat from FMSS, Camp Lejeune  
HM2 B. J. Stone from NavSub Base, Bremerton



*NRM's  
Medical  
Transcriptionists*



Florida's Governor Bob Graham and Orlando's Mayor Bill Frederick have issued proclamations designating March 8 - 13 Medical Transcriptionist Week. The Central Florida Chapter, American Associa-

for Medical Transcription will host a continuing education symposium on 13 and 14 March at the Court of Flags Hotel, Orlando. Contact Pat Horn, CMT, or Jean Thomas, CMT, Patient Affairs, X4971.





## Master Shipwreck

HMCM(SS) R. C. Clements, USN

### Caring

Recently, when teaching the Petty Officer Indoctrination Course, the students were asked what characteristics would they like to see in a leader. A descriptive term not listed in the instructional material, but one that was discussed in detail, was CARING. Webster defines caring as: to feel interest or concern. The word "caring" is all encompassing, when you think of it in a broad sense. It is an attitude which conveys sincerity, honesty, trustworthiness and responsibility.

A caring person is attuned to the needs of his superiors, peers and subordinates and looks out for their welfare. This type of person evaluates each situation thoroughly to ascertain all circumstances surrounding a situation or problem and looks for a viable solution. They also develop instant rapport with all those with whom they come in contact due to their positive and cheerful attitude. In a manner of speaking, this type of person develops empathy to a certain extent which, in itself, relays a caring atmosphere of communications. Problems are easily solved by this type of individual.

In our day to day dealings with patients, staff and visitors to the medical center, we should try to expand or develop caring attitudes which will enhance the overall health care delivery provided by this activity. Never let anyone out of your grasp without answering their question or directing them to the person or persons who can solve their problem. The person with whom you are dealing may not like the answer or solution to their problem; however, it is incumbent on each of us, as health care delivery professionals, to attempt to satisfy the needs of all who present themselves for treatment. Courtesy, sincerity and professionalism are the tools of our trade. Be firm, be fair, be friendly and by all means, be CARING.

### Command Master Chief Feature

## Enlisted Advisor of the Month



HM1 Gary A. Chasteen, USN

HM1 Chasteen is assigned to the Medical Repair Branch of Fiscal and Supply Service. Petty Officer Chasteen reported aboard this command in December, 1979 and has 13½ years of Naval Service. He is the Enlisted Advisor for the following NRMCM personnel:

HM1 J. Allen	HM R. Ballard
HN C. Alvarado	HM2 G. Barbelet
HN L. Anderson	HM2 L. Barber
HM2 D. Armbruster	HA D. Barker
HA P. Armellino	HN D. Hoy
HM3 T. Artman	HA W. Meeks

### Snap Shots



John R. Collins, Forms Control, Operating Management Service.





## CAPT Fout's Skipper - gram

### To: CAPT Fout

Response to my request last month for input from the staff, was somewhat disappointing. However, I did receive one letter which suggested that we do a series in our paper, each month, on various departments. This, I believe, is an excellent suggestion. Such a series apparently was part of our paper in the past but because of dollars or something, was discontinued. We will take a serious look at the feasibility of doing this type of series and hopefully you will see it in the next issue of Vital Signs.

To the young lady, Pat Horn from Patient Affairs, who took the time to write - many thanks!

### Have you ever been. . .

#### BALLOONED?



.... MS1 Frank E. Owen, our UEPH Manager, has! On 25 February, Petty Officer Owen thought he was reporting to Operating Management for cake and coffee but the Balloon Lady was a complete surprise. MS1 Owen's face was as red as the balloons!



CRA

NOTES

By Joyce Sienia



### Captain's Call

There will be a Civilian Captain's Call on Tuesday, 16 March at 1430 in the Dining Room. Submit your questions to Joyce Sienia in Patient Affairs Service.

### CRA Birthday Greetings:

Jennifer Heaps on 1 Mar; Judy Larson on 2 Mar; Retta Chadwick on 3 Mar; Sally Arvidson and Richard Weese on 8 Mar; Edna Swigonski on 10 Mar; Aunita Padgett on 12 Mar; Marion Modeste on 13 Mar; Jean Thomas on 14 Mar; Jane Callahan, Ruby Garmon, and Antonio Mercado-Ruiz on 20 Mar; Marcia Reinwald on 22 Mar; Jane Smith and Doris Villar on 24 Mar; Ronald Elliott on 25 Mar; Manual Maldonado on 27 Mar; and Florence Robertson on 29 Mar.

### Next Smoking Cessation

**Class begins Tuesday, 6 April.**

**Call CDR Dunn, X4014**

### Whoooizzit

It's LCDR Ronald E. Butcher, NC, USN, Operating Room Nurse, Nursing Services.



LCDR Butcher reported on board in June, 1980, from NRMC, Portsmouth. LCDR Butcher is married and he and his wife, Phyllis, have one child, Amy, who is five years old. LCDR Butcher first met his wife in 1968 at the Naval Hos-

pital, San Diego when he was a DN and she was a DA. At the time they were married, he was a DT2 and she was a DT3. In July, LCDR Butcher will have a total of 15 years Naval service. His hometown is Jacksonville, Florida.